

# Sasebo SOUNDINGS

## United Service Organizations (USO) holds charity auction

Melissa Duque  
CFAS Public Affairs

The Harbor View Club hosted a United Services Organization (USO) charity auction on July 17.

There was a live and silent auction featuring items from all over the globe.

Wilson Wong, the vendor who supplied the auction items is based out of Hong Kong and supplies furniture for a number of other venues throughout Japan.

A wide variety of unique furniture items included tansus, altar tables, hand painted screens, trunks and a selection of hand knotted silk and wool rugs, to name a few.

Smaller items included a variety of original paintings, ceramics, decorative boxes, Tiffany style lamps and carved bone items.

Money raised from auction sales go to help fund many USO sponsored programs for servicemembers and their families.

Volunteers came from several different organizations in the community.

"The Seabees unloaded and unwrapped all of the auction items," said USO director DJ Stanhope.

"It was a very big job since everything was triple wrapped for shipment here to Sasebo," she added.

Commander Henry L. McHugh, officer in charge of Fleet Industrial Supply and Commander Ron Dodge, officer in charge of Branch Medical Clinic, Sasebo, took turns as auctioneer, keeping the bidding lively and entertaining.

The auction prices were outstanding, with popular items like "tansu" going for some of the best prices around.

This was a great opportunity to pick up items you may have seen during your stay in Japan, but thought you could not afford, and better yet help out the USO.

This is the first time the USO at Command Fleet Activities Sasebo (CFAS) has brought in an auction like this, and hopes to do more in the future.



The vendor helps set up for the USO auction at the Harbor View Club Saturday. (Photo by Melissa Duque)



## Nose to the grindstone...

A Seabee stationed at Command Fleet Activities Sasebo (CFAS), performs a preventative maintenance check on a 15-ton stake truck. (Official U.S. Navy photo by PH3 Ian W. Anderson.)

## Navy unveils early out

### Chief of Naval Personnel Public Affairs

Sailors interested in leaving the Navy before the end of their active obligated service (EAOS) will get another chance this year under a second installment of the Early Transition Program.

The program allows Sailors with an EAOS in FY-05 the opportunity to separate this fiscal year. Like last year's program, it is strictly voluntary and applies to Sailors in most skill sets. But this time around Sailors will be allowed to separate up to 12 months early, as opposed to the six months early out offered last year.

"For Sailors with impending educational or civilian career plans, this program could offer just the extra time and opportunity they need to get started on a new life," explained

Vice Adm. Gerry Hoewing, Chief of Naval Personnel. "I am delighted that this great retention we are continuing to experience has allowed us to offer the program again this year."

Sailors of any rating (including non-designated Sailors) are eligible.

Sailors under a Selective Reenlistment Bonus (SRB) or in a rating/NEC [Navy Enlisted Classification Code] eligible for SRB reenlistment, Sailors in the SEAL/EOD/Diver/SWCC programs and Sailors in nuclear ratings are ineligible.

Sailors can begin submitting requests immediately via the chain of command to Navy Personnel Command. All separations under this program must be effected by Sept. 15. For more information contact your career counselor.

## Days since last DUI/DWI

(as of July 22)

4

### Sasebo Weather

#### Saturday

Isolated T-Storms  
High: 89° F  
Low: 76° F

#### Sunday

Partly Cloudy  
High: 90° F  
Low: 76° F

#### Monday

Partly Cloudy  
High: 89° F  
Low: 76° F

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PH3 IAN W. ANDERSON  
252-3559

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BRANCH MEDICAL CLINIC-SASEBO  
CFAS RELIGIOUS MINISTRIES  
CFAS SAFETY DEPARTMENT  
FLEET AND FAMILY SUPPORT CENTER  
DoDDS  
NAVY EXCHANGE–SASEBO  
USS ESSEX (LHD 2)  
USS HARPERS FERRY (LSD 49)  
USS FORT McHENRY (LSD 43)  
USS JUNEAU (LPD 10)  
USS GUARDIAN (MCM 5)  
USS PATRIOT (MCM 7)  
USS SAFEGUARD (ARS 50)

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer. Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to [soundings@cfas.navy.mil](mailto:soundings@cfas.navy.mil). The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:  
*Sasebo Soundings*  
PSC 476 Box 93  
FPO AP 96322-1100

# Being a good neighbor means consideration

Imagine that you are living in a nice house by the sea, it is everything you think a home should be, and then a new neighbor moves in. This neighbor constantly has loud parties, throws trash in your back yard, curses loudly when your children are playing outside, and even when you invite him to your house, he trashes it. How would you feel about a neighbor like that?

This neighbor has many names, but outside the U.S., it is “Ugly American.” How do you recognize this person? He is the epitome of selfishness. Usually you can hear him coming from far away. He is usually speaking loudly, usually with a few choice expletives or dropping the “f-bomb” as part of his normal speech, even to the point of being instinctive. He speaks at a volume to guarantee that people three blocks down can hear him, and of course every kid in that range can freely hear and learn his colorful language. He has been known to listen to music at bone shaking volumes when driving or at deafening volumes even when using headphones. Furthermore, you can easily recognize him once you come into visual range. He is usually in violation of the dress code, but more so than his inability to follow rules, he is dressed so badly that you feel embarrassed for him because he obviously lacks taste and judgment. Just when you think you have seen enough, he drinks a large amount of alcohol and becomes, “Super Ugly American.”

After consuming a great deal of alcohol, his previously bad behavior is enhanced and he can gain additional powers like throwing up in streets, buses, and beaches; pretend to drive like a racecar driver or a character out of a violent video game; making rude comments to people, and worst of all, the power of violence. He has no problems engaging anyone in combat and may even hurt others or himself. Do you recognize this person? Well if you do, I hope that he is not the person in the mirror.

If you see this person out in town, fight



CMDR. BERNIE WANG  
CHIEF STAFF OFFICER, FLEET ACTIVITIES SASEBO

your urge to hide from him and confront him, because he is truly making life bad for you. (Although the pronoun used here is in the masculine, “Ugly American” comes in both sexes.)

Many of us on this base and in the CFAS community have gone out of our way to be good neighbors. We have even enjoyed the good graces of our host have even spent a great deal of effort learning the language and culture of Japan. We are involved in Japanese-American community organizations, involved in our “cho,” or even volunteer our time teaching English.

As much as we want to think our individual efforts are going a long way to impress our hosts, it is ruined by the conduct of a few “Ugly Americans.” How many times have you been asked by your Japanese friends and colleagues about the misdeeds of a few? Unfortunately, it happens much too frequently for me. I am quite proud to be called an American. I am very proud to represent my country here. Yet, I don’t take

pride in being associated with the “Ugly American” or the “Super Ugly American.” I want my hosts to have a good image of my nation, and not define who we are by the acts of this handful of bad apples.

In my elementary school civics class, I was taught that all of us have the responsibility to maintain our community. So we cleaned parks, planted trees and did our part to make our neighborhood nice. Civic responsibility does not end at the gates of CFAS.

While we are guests in this country, no matter how long we have been here, we also live here. The base is a great little patch of America, but we are part of a much larger community.

How many of you came from major cities where there are ethnic neighborhoods? Places like Chinatown, Little Italy, Little Saigon, and many others. Perhaps we should be called Sasebo’s “Little America.” Even in U.S. cities where there are ethnic neighborhoods, do they consider themselves just citizens of that neighborhood and not the bigger city? No. Similarly, we need to consider ourselves residents of the “Little America” neighborhood of our city, Sasebo.

Our civic responsibilities lie beyond our immediate neighborhood, they extend to the rest of our city as well. So find a park you would like to adopt, keep it clean. When you go to a park or the beach, clean up after yourselves. Above all, be considerate.

This is what separates you from the “Ugly American.” No matter what he or she may look like, the “Ugly American” is selfish and everything is about him or her. A little bit of consideration, civic pride, and open-mindedness will turn any bad neighbor into a good one.

So when you see one of these bad neighbors around, exercise your civic responsibility by confronting him. Perhaps his actions and selfishness is momentary and a little reminder will bring him back. If not, a nice call to security is much appreciated.

## Navy League lists Sailors, Blue Jackets of the Quarter

Navy League of the United States, Sasebo, Japan Council, is very proud to congratulate the following individuals for their selection as Senior Sailor, Junior Sailor, and Blue Jacket of the Quarter for the 2<sup>nd</sup> Quarter of calendar year 2004.

### Senior Sailor of the Quarter

PH3 Ian Anderson  
Fleet Imaging Facility Det Sasebo  
YN1(CC) Robert C. Coates  
Commander, Amphibious Group ONE  
BM1(SW/AW) Kenneth Crowther  
USS Juneau (LPD-10)  
EM1 Marcial A. Donato Jr.  
ACU-1 Det WestPac  
HM2(SW/AW) Lesley B. Dorsey  
Fleet Surgical Team SEVEN  
GSE1(SW) Noel M. Filio  
ACU-5 Det WestPac ALFA  
HM1(SW/DV/FMF) Randle Groves  
USS Safeguard (ARS-50)  
BM1(SW) Eric A. Kennedy  
USS Harpers Ferry (LSD-49)  
OS2(SW) Michael D. Light Commander,  
Amphibious Squadron ELEVEN

MN1(SW) Cesar Y. Montero USS  
Guardian (MCM-5)  
CS1(SW) Khoi V. Pham USS  
Blue Ridge (LCC-19)  
MA1(SW/AW) Antonio M. Quijano USS  
Essex (LHD-2)  
DC3(SW) Laddy C. Rua Fleet  
Industrial Supply Center, Det Sasebo  
EA1(SCW) Clinton T. Schuhart  
Commander, Fleet Activities Sasebo  
DT1 Sean Stephens  
Branch Dental Clinic Sasebo  
CTT1(SW) Jonathan G. Vose USS  
Fort McHenry (LSD-43)  
HM1(SW/FMF) James F. Ward USS  
Patriot (MCM-5)  
**Junior Sailor of the Quarter**  
AC3(AW/SW) Nicholas M. Colvin USS  
Essex (LHD-2)  
JOSN Felix Crosser  
American Forces Network, Det Sasebo  
PN3 Valene D. Der USS  
Safeguard (ARS-50)  
MNSN Steven G. Hassler USS Patriot  
(MCM-7)  
YN3 Tyson L. Huff

Commander, Amphibious Group ONE  
CS3(SW) Gary I. Jackson ACU-1  
Det WestPac  
BM3(SW) Markus Johnson USS  
Juneau (LPD-10)  
DT3(SW) Alicia Jordan Branch  
Dental Clinic Sasebo  
ET3 Kevin P. Kral USS  
Guardian (MCM-5)  
EM3 Brian K. Reese USS  
Harpers Ferry (LSD-49)  
HM2(SW) Ralph P. Solon USS  
Blue Ridge (LCC-19)  
GSMFN(SW) Byung S. Song ACU-5  
Det WestPac ALFA  
GM3(SW) Craig A. Steininger USS Fort  
McHenry (LSD-43)  
MM2 Christopher R. Wolfe  
Commander, Fleet Activities Sasebo  
**Blue Jacket of the Quarter**  
DN Matrinicia R. Brown Branch  
Dental Clinic Sasebo  
YN3 Scott A. Gifford  
Commander, Fleet Activities Sasebo  
PNSN Christopher Hoffman USS  
Juneau (LPD – 10)



# CARAT Task Group returns to continue exercise

Lt.JG Todd Spitler and JOC Melinda Larson,  
Cooperation Afloat Readiness and Training Task Group  
Public Affairs

The five-ship Cooperation Afloat Readiness and Training (CARAT) Task Group arrived here July 12 for the fourth phase of the 2004 edition of the exercise series.

Held annually throughout Southeast Asia, CARAT began in 1995 by combining a number of existing exercises into a series to be conducted sequentially. The CARAT Task group arrives from Thailand, where that phase was conducted June 30-July 9. CARAT Singapore was May 31-June 11 while CARAT Brunei took place June 21-26. The final phase will occur in the Philippines.

The ships' arrival was a lively one, as traditional Malaysian dancers and musicians performed on the pier as Sailors watched and then joined the artists for photographs.

"The dancers and musicians gave us a wonderfully warm and colorful welcome to Malaysia," said Capt. Buzz Little, commander of Destroyer Squadron One and the U.S. CARAT Task Group. "It's a great beginning to the Malaysia phase of CARAT."

More than 1,500 U.S. Sailors and Coastguardsmen from the Task Group, along with Navy F/A-18F, F/A-18C, P-3C and SH-60 aircraft are taking part in the exercise, as are several Royal Malaysian Navy (RMN) ships, and personnel and aircraft from several Royal Malaysian Air Force squadrons. A team of U.S. Army veterinary personnel is also participating.

The CARAT Task Group, under the leadership of Commander, Destroyer Squadron 1, is made up of the U.S. Coast Guard high endurance cutter Mellon (WHEC

717), the dock landing ship USS Fort McHenry (LSD 43), the guided missile destroyers - a CARAT first - USS Russell (DDG 59) and USS McCampbell (DDG 85), and the rescue and salvage ship USS Salvor (ARS 52).

CARAT Malaysia phase officially kicked off with a brief ceremony shortly after the ships' arrival.

"CARAT can be likened as a bridge between our armed forces to improve combined capabilities and interoperability," said First Adm. Mohammed Noordin Bin HJ Ali, commander of the RMN's Naval Area 1, during the ceremony. "I hope both parties will learn from one another, share experiences and knowledge and most importantly, enhance the bond of friendship between people of different creeds and cultures."

A wide range of exercise events are scheduled here, including seamanship, at sea communications, air-to-air combat, diving and salvage, amphibious operations, and vessel boarding.

The Portable Allied Command, Control and Communications Terminal (PAC3T) system will be put to use and demonstrated for the first time during the Malaysia phase of CARAT, which is being installed at the CARAT headquarters. The system allows the two navies to communicate securely and provides an operational picture that can track the locations of participating units.

In addition, a variety of seminars in support areas such as medical, logistics and public affairs are scheduled, as are social events.

"Apart from exercises involving armed forces from both nations, the local community will also benefit from this exercise," Noordin said. U.S. and Malaysian personnel will work together on several community service, and medical, dental and veterinary civic action projects.

This is the 10th year of CARAT Malaysia.



The U.S.S. Fort McHenry (LSD-43) a member of the U.S. 7th Fleet's forward deployed naval force(FDNF) is also a member of the five ship Cooperation Afloat Readiness and Training(CARAT) Task Group (Released by CFAS Public Affairs)

Commander, Destroyer Squadron 1, is based in San Diego, as is USS McCampbell. The cutter Mellon is home ported in Seattle. USS Russell and USS Salvor are homeported in Pearl Harbor, Hawaii. Fort McHenry is part of the U.S. 7th Fleet's forward deployed naval force (FDNF) operating from Sasebo, Japan. The F/A-18s and crews are assigned to Strike Fighter Squadrons (VFA) 195, 192 and 102, forward deployed to Atsugi, Japan.

The SH-60 and crew are attached to Helicopter Anti-submarine Squadron Light (HSL ) 49, based at Naval Air Station North Island, Calif. The P-3C and crew are from Patrol Squadron (VP) 46, based at Whidbey Island, Wash.

The U.S. Army veterinary team consists of personnel assigned to Yokosuka Branch, Japan District Veterinary Command.

## INFORMATION & REFERRAL

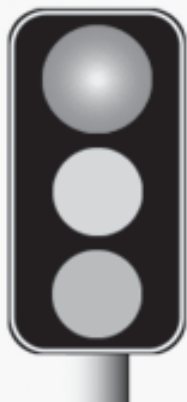


Whether you're new or have been in Sasebo for a while, I&R stands to answer your questions and refer you to community services.



STOP by FFSC  
FOR NEW AND UPDATED  
FLYERS ON:

- Driving Directions
- Places of Interest
- Japanese Culture
- Maps
- and lots more



## Driving Safety: Driving while drowsy

Charles Carr  
CFAS Safety Department

Driving drowsy and driving drunk, is there a difference? Not much, says a national sleep expert.

In fact, a recent study found that between 200,000 and 400,000 collisions involving drowsy drivers occur each year, claiming as many as 6,500 lives.

So as Americans participate in summer time activities in which they tend to drink too much and stay up too late, it is important to know the following:

Drowsy drivers are falling asleep at the wheel (second only to drunk drivers). A drowsy driver and a drunk driver are similar because of their reduced reaction time, inability to focus and pay attention to driving the car.

If you become aware that you are nodding off, then you are past the time you should have stopped. That's a danger zone. Don't continue driving because you will fall asleep. Get out of the car and walk around. Rolling the windows down or drinking coffee to stay awake just doesn't cut it.

Sleep loss accumulates from night to night. Sleep shortages only continue to build. If a person gets six hours of rest but needs eight, within five nights, he has a ten-hour sleep debt. Most people notice a sleep shortage between 10 and 20 hours. The result often leads to colds, other viruses, reduced cognitive abilities, and plain old crankiness.

Accidents involving drowsy drivers can be avoided if people made sleep a priority. Just as people are conscious of their diets

and getting to the health club, make sure you are sleeping enough hours. Sleep shortage can be due to America's 24-hour-a-day culture.

Things don't shut down. People stay up longer for entertainment and get up earlier. It's so we can get things done, but the irony is, we are less productive because we are tired. Scientists have found that the natural rhythm of humans put them in a lull between 2 a.m. and 4 a.m. and 2 p.m. to 4 p.m.. It is during those crucial hours when a person is likely to fall asleep or have an auto accident because blood pressure and temperature is lowered.

SHIRAHAMA SHUTTLE SCHEDULE

Shirahama Beach

Depart Main Base	11 a.m.	12 p.m.	2 p.m.	4 p.m.
Depart Shirahama	1 p.m.	3 p.m.	5 p.m.	6 p.m.

Shirahama Beach shuttle bus stop is across from the Commissary.

Effective: June 13 - August 29

Children 12 & under must be accompanied by an adult. For more information, call 252-3433.



# NEX offers Sailors quality service and savings

**Sandra Franklin**

*NEX General Manager*

The mission of the Navy Exchange System is to provide quality goods and services at a savings and to support quality of life programs. I am proud to say, that Navy Exchanges now offer record savings to their customers.

Our most recent market basket survey, which is detailed in the information below, shows that we save customers an average of 20.7% on the products they purchase, before sales tax. That's putting real purchasing power and money back into the pockets of our customers, while contributing to their quality of life programs. In 2003, that amounted to over \$300 million at the point of purchase and resulted in a combined contribution of \$69 million to MWR when we include Ship's stores.

We are continuing our upward sales trajectory. Since 1998, we have increased our sales by \$412.8 million (24.3%) and our net profit by \$5.7 million (8.4%). Net profit without retirement accounting since 1998 has increased by \$40.9 million (81.5%). On a same store basis, total sales have increased by \$498.1 million (31.6%) since 1998 and net profit, excluding retirement accounting, has increased by \$45.3 million (105.1%). At the same time we have improved customer satisfaction.

Our 2003 Customer Satisfaction Index was 15 points higher than when we began the survey in 1998. We also outpaced many commercial retailers in total sales percentage increases over the past three years. Our 2003 sales were \$2.1 billion, up 7.5% over last year.

NEXCOM continues to do great things to support the quality of life for its patrons. Below are some highlights from this Spring.

## **Saving Money**

Sailors and their families are saving more money today by

shopping in the Navy Exchange than ever before. The most recent market basket survey, done in February 2004, indicates Navy Exchange customers are still saving 20.7%, excluding sales tax, as compared to purchasing comparable items from major civilian retailers. This latest survey of a 20.7% savings is a record high for the Navy Exchange, add the average sales tax savings and the total is 27%.

An independent civilian research firm conducts NEXCOM pricing surveys three times each year in eight major market areas across the United States. Navy Exchange prices on more than 350 items in the most recent survey were compared to those of major retailers. Items compared include major appliances, consumer electronics, furniture, clothes, house wares, sporting goods, jewelry and lawn and garden. NEXCOM's POC, Eileen Andrews can be reached at 757-631-3801.

## **Premier Uniforms**

Awareness of the Premier Uniform Line continues to increase with mid-May sales totaling more than \$44K. The new Premier Line, manufactured by Brooks Brothers, offers a 100 percent worsted wool Service Dress Blue jacket, trousers, slacks and skirts, a 100 percent cotton non-iron dress shirt, silk tie and an all leather men's shoe from Bates. Prices range from \$21 - \$289. The new uniforms are now available for purchase at NEX Norfolk, NEX San Diego, NEX Arlington and NEX Pensacola as well as through our Uniform Support Center. NEX Newport, R.I., is scheduled to receive the new uniforms in late June. NEXCOM's POC is CDR Lisa Vickers at 757-420-9116.

## **Navy Cash**

The Naval Supply Systems Command (NAVSUP) has received approval from USD (C) and DFAS Director of Accounting to roll out Navy Cash limited to the existing capabilities and customer base. Navy Cash is the Navy's initiative to eliminate the use of cash aboard ships by

replacing it with a debit-type card for purchases in the ship's store and vending machines.

USD (C) Acting Comptroller has obligated \$13.4 million in FY04 for this effort. Full fielding has begun with Navy Cash to be implemented on 30 ships per year. Currently, Navy Cash is live on 25 ships. NEXCOM's POC is Charles Vaughan at 757-443-2085.

## **Smart Web Move**

The Smart Web Move web site, which allows for easy electronic access for those Sailors setting up PCS moves, is now available to all service members in Japan, Singapore, Italy, Spain, Portugal, England, Iceland, Crete and the continental United States. Remaining overseas sites - Diego Garcia, Guam and Bahrain will be implemented this fiscal year. NEXCOM's POC is Ron Fevola at 717-605-6618.

## **Gifts From the Homefront**

NEXCOM now has "Gifts From the Homefront" gift certificates available for purchase. These gift certificates can be redeemed at any military exchange around the world, including those supporting Operation Enduring Freedom and Operation Iraqi Freedom. Gift certificates are available in \$5, \$10, \$25, \$50, \$100 and \$250 denominations and can be ordered on-line at <www.navy-nex.com>, by phone at 1-877-770-GIFT (4438), by fax at 1-877-770-3234 or by mail at CertifiChecks, Inc., Attn: Order Processing; 1435 Shoup Mill Rd., Suite A, Dayton, OH 45414. Shipping and handling charges are \$4.95 per order up to 20 certificates. NEXCOM's POC is Chuck Early at 757-631-3627.

## **NEXCOM Online**

NEXCOM's website, <Website www.navy-nex.com>, includes links to web page for Premier Uniform Collection and to the Exchange Catalog that allows non-authorized customers to purchase ship-to-shore prepaid phone cards to send to loved ones afloat as well as Gifts from the Homefront.

## Darby holds Igo, Soroban summer course



Igo and Soroban Courses were offered as a summer course at Darby school. Igo (ee-go) or Go is an ancient strategic board game originated from China at least two thousand years ago. This game can be played by two people and can be describe like a combination of four chess board game. Darby students made their own colorful soroban and enjoyed traditional Japanese Igo board game. Mr. Kitagawa, a local Igo champion demonstrated to the students how to play the game. He tried also to compete with the three Darby teams, but there was not enough time to finish the game. This is a very difficult game but for the three Darby teams, they did well as first timers. Darby students would like to say Domo Arigato to Mr. Kitagawa for this wonderful experience!

## Summer Safety: Caution while rollerblading

**Charles Carr**

*CFAS Safety Department*

In-line skating is the fastest growing recreational sport in the country. Many skiers and hockey players use in-line skating during the off-season. Did you know that in-line skating burns as many calories as jogging? Unfortunately, "rollerblading" is also the cause of thousands of serious injuries, especially with kids under the age of 15. Most injuries are a result from trying to stop, or breaking a fall. The most common injury is a fractured, or broken wrists. Proper equipment is the key to preventing most injuries when "rollerblading".

Here are some tips for safe roller-blading.

*The Right Skates.* Skates that are too big don't support the ankles and are difficult to direct and control. Slide your toe down to the front of the skate. If there is room behind your heel, the skates are too big.

## *Protective Gear*

*Helmets* should be as snug as possible and worn low on the forehead, approximately one inch above the eyebrows. Helmets should be safety tested by a national agency.

*Wrist guards* should fit over your hands like gloves to absorb the shock of a fall.

*Elbows and kneepads* should be cushioned and fit snugly. If they're too small, they'll pop off; if they're too big they will slide right off.

\*All beginners should learn to skate inside.

\*Don't skate in traffic.

\*Skate on a flat, smooth surface.

\*Yield to pedestrians when skating on sidewalks.

\*Don't combine tasks, such as walking the dog when skating.

\*Don't skate at night.

\*Don't skate in low visibility weather.

\*Don't wear anything that will obstruct your safety gear.


A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST,  
Monday - Friday

**(800)-497-6261**

for Care of Sexual Assault Victims

**hotline**





# FFSC: A quarter century of service

**Candace Currier**  
*Director, FFSC Sasebo, Japan*

In July of 1979 the Navy’s very first Family Service Center (FSC) opened its doors in Norfolk, Virginia. A prototype for an organization within our Navy communities, where family members could seek out information and assistance on a wide variety of topics and issues.

With a fairly loose original mandate, FSC facilitated many programs and local initiatives targeted at assisting our family members in learning to adjust and cope with the Navy’s mobile military lifestyle. Gradually more and more structure was added. Including programs dealing with local employment skills development, formalized information and referral services, budgeting, financial management, and general relocation support. Also included, welcome aboard packet preparation, intercultural relations and training assistance at overseas commands, and the availability of self-referral clinical counseling services.

A major development in worldwide FSC growth came in 1992 with the large draw-down of the U.S. military forces following the collapse of the Soviet Union. Congress was very concerned about the welfare of the thousands of service personnel that were soon to be released from active duty. They funded programs specifically designed to facilitate these separations, while providing the outgoing service members with a range of skills to help them find jobs in the civilian sector.

The Transition Assistance Program (TAP) was a joint initiative of the Department of Labor, the Department of Veterans Affairs, and the Department of Defense. It was originally mandated to run for five years, to get the services through this ‘right-sizing’ phase. Along with TAP, we had the Relocation Assistance Program (RAP) and Spouse Employment Assistance Program (SEAP) developed to

better assist PCSing Sailors and their families, as well as the formalization of the budgeting support roll into the Personal Financial Management Program (PFMP).

During this period, the Family Advocacy Program (FAP) was removed from our Navy hospitals and moved to the FSCs. In 2002, in recognition of the less than inclusive title of our Centers, accompanied and unaccompanied personnel, our name was officially changed to Fleet and Family Support Center, or FFSC. The Fleet comes first, because every element of our Navy must be committed to operational readiness and the needs of our fleet, with the needs of our families most definitely recognized as being crucial to the maintenance of Sailor morale and personal effectiveness.

Constant growth has been the trademark of our Navy FFSCs over the past 25 years, as we celebrate one quarter century of service and support to our communities. An example of the range of programs we manage includes: sexual assault victim intervention support; stress and anger management classes, Ombudsman Program liaison, training and material support, free and reduced price school meal eligibility certification, new parent support services for pre-natal mothers and toddlers, and literally dozens of other vital and well received programs and services.

We are very proud of our role as a partner, resource and committed member of our Sasebo community. Two years ago the Navy chose to brand all Navy FFSC’s with the lighthouse logo for ease of recognition as you pursue your Navy career. We are a guide to all. We try and keep you from the rocks and shoals of life during the storms, darkness, and high seas of change that impact us all. In the areas of career satisfaction, financial management, and other aspects, your FFSC is prepared to help you reach the high ground safely.

We plan to hold a celebration of this event on Friday, September 17, with a number of special offerings and contests. I want to personally thank you for letting us become a part of your life here in Sasebo.

# Cultural opportunity for base children

**Kim Clemons**  
*Community member*

The Sasebo City Convention Center is sponsoring an intercultural friendship day event for Japanese and American students between the ages of 9 and 13 years old. The event, called “Saturday Escape,” will be held from 1:30 to 5 p.m. on Saturday, 31 July.

The Convention Center’s goal for the day is to introduce 40 American boys and girls to 40 Japanese youth, and for

them to join forces in constructing a tree house atop Mount Yumihari. This will be an interactive day of fun and excitement, filled with great opportunities for cultural exchange and enjoyable accomplishment. The day’s activities will be FREE of charge.

Community members who are interested in taking part in this event, or whom would like to get more information on the plans for the day, please call Kim Clemons at 252-8366, or Jerry Havens at the FFSC, 252-3109. The last day to register for participation will be Thursday, 29 July.

## PHIBRON11 to hold change of command

**Lt. j.g. Donnell Evans**  
*Amphibious Squadron 11 public affairs*

A change-of-command ceremony for Commander, Amphibious Squadron Eleven is scheduled aboard USS Essex (LHD 2) Aug. 17. After sixteen successful months as Commodore of the Navy’s only forward-deployed amphibious squadron, Capt. Richard B. Landolt will relieve his post to Capt. Mark E. Donahue. Donahue, a Sailor with 23 years experience, is coming from Multi-National Force Iraq, and is excited about his new tour. Landolt’s next assignment will be as a member of the Chief of



USS Essex (LHD 2), will host change of command Aug 17. (Released by CFAS Public Affairs)

Naval Operations Strategic Studies Group in Newport, RI. Amphibious Squadron Eleven provides command and

control during amphibious operations and participates in joint and combined multi-national and multi-force exercises such as: Cobra Gold, Amphibious Landing Exercise (PHIBLEX), and Foal Eagle. Amphibious Squadron Eleven, along with USS Essex, USS Juneau (LPD 10), USS Fort McHenry (LSD 43) and USS Harpers Ferry (LSD 49), is a part of the Navy’s only permanently forward-deployed naval force, the Essex Expeditionary Ready Group, in Sasebo, Japan.

## Profile: Port Operations Division Officer



Port Operations Deck Department Division Officer  
BMCS (SW/AW)  
Hometown/Nationality...Kansas City, Ks

### How long have you been in Japan?

Five years.

### What is your favorite thing about Sasebo?

The weather and the landscape with the surrounding mountains covered with clouds.

### Are you married or single?

Happily married for 14 years to my wife Soon.

### Do you have any children?

Two daughters; Rachel, 13 and Irina, 9.

### What hobbies do you have?

Getting up early on a Monday morning to watch NASCAR, and fishing.

### Who do you consider to be your role models?

Those that have served their country and gave their lives.

### What are your personal goals?

To make Master Chief, settle down, spend quality time with the family and the put the kids through college.

### What motivates you?

My wife and girls so they can be proud of my accomplishments

### What is the one thing you can’t stand?

People that litter and those who destroy public property.

### What do people not know about you?

That I am really a nice guy who is willing to help out someone who needs it, even if it is at a bad time. All they need to do is ask.

### What is your most embarrassing moment?

While visiting the island of Seychelles I was the boat coxswain for the Captain’s Gig. The CO and XO wanted to go for a boat ride and we were using an old chart and I grounded the boat. I had to get pulled off the reef by the EOD team that was riding the ship. Things just seem to happen at the wrong times.

### If you could have dinner with three people, living or dead, who would they be?

General Patton, George Brett (Hall of fame baseball player) and John Wayne.





# UPCOMING EVENTS & MOVIES

IT'S MICK JAGGER'S BIRTHDAY  
*but we are not celebrating it.*

It's Galaxies' 8th Birthday and  
we are *Rocking Down the house!*

**SAT., JULY 24**  
(UNDER GALAXIES weather permitting)  
**LIVE MUSIC! 8 P.M.**  
FOR MORE INFORMATION, CALL 252-2980.

**the rachel's**  
FOOD HOT OFF THE GRILL...GIVEAWAYS & MORE!

NATIONAL  
**KidsDay®**  
2004

Mothers have a day.  
Fathers have a day.  
Even groundhogs  
have a day.

**Now it's THEIR turn!**

*Family Picnic*  
**SATURDAY, JULY 31**  
**Hario Ball Field**  
**4 - 8 p.m.**

Arts & Crafts, Family Games, Food,  
Ice Cakes, Scavenger Hunt, Movie in the Park,  
Air Toys, Live Entertainment and more!

It's a day for kids and grown-ups to spend meaningful time together.  
So mark your calendars and be sure to visit [www.kidsday.net](http://www.kidsday.net)  
for lots of fun ideas of things that kids and the special grown-ups in  
their lives can do together. National KidsDay, it's about time!

For more information, call 252-8866 or 252-2989.

[www.kidsday.net](http://www.kidsday.net)

BOYS & GIRLS CLUBS  
OF SASEBO

## Movie Schedule July 23-30

### FEATURED PREMIERE



#### RAISING HELEN

Rated: PG-13

#### RAISING HELEN

Cast: Kate Hudson, John Corbett, Joan Cusack, Hayden Panettiere and Spencer Breslin  
Genre: Comedy and Romance

Helen Harris' carefree lifestyle of fashion shows and Manhattan's hottest clubs comes to a screeching halt when she finds herself responsible for her sister's three children. She soon realizes the choice she has to make is between the life she's always loved and the new loves of her life.

## SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule  
subject to  
change without  
notice.

FRIDAY, JULY 23	SATURDAY, JULY 24	SUNDAY, JULY 25	MONDAY, JULY 26	TUESDAY, JULY 27	WEDNESDAY, JULY 28	THURSDAY, JULY 29	FRIDAY, JULY 30
5 p.m. (PG-13) <b>*Raising Helen</b> 7:30 p.m. (PG-13) <b>*Anchorman</b> 9:30 p.m. (R) Day After Tomorrow Midnight (PG-13) Envy	2 p.m. (PG) New York Minute 4 p.m. (PG-13) Raising Helen 6 p.m. (PG-13) Anchorman 8:30 p.m. (R) Troy Midnight (PG-13) The Terminal	2 p.m. (PG) Shrek 2 5:30 p.m. (PG-13) Anchorman 7:30 p.m. (PG-13) Day After Tomorrow	6 p.m. (PG-13) Raising Helen 8:30 p.m. (PG-13) Breakin' All the Rules	6 p.m. (PG-13) Harry Potter and the Prisoner of Azkaban 9 p.m. (PG-13) Envy	2 p.m. (PG-13) Spiderman 2 5:30 p.m. (PG-13) Anchorman 8 p.m. (R) Soul Plane	6 p.m. (PG) New York Minute 8 p.m. (PG-13) Day After Tomorrow	4 p.m. (PG) <b>*Garfield</b> 6 p.m. (PG-13) <b>*I, Robot</b> 9 p.m. (PG-13) <b>*The Chronicles of Riddick</b> Midnight (PG-13) Godsend

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JULY 23	SATURDAY, JULY 24	SUNDAY, JULY 25	MONDAY, JULY 26	TUESDAY, JULY 27	WEDNESDAY, JULY 28	THURSDAY, JULY 29	FRIDAY, JULY 30
6:30 p.m. (PG-13) Spiderman 2 9 p.m. (PG-13) Spiderman 2	2 p.m. (PG-13) Spiderman 2 6:30 p.m. (PG-13) Mean Girls 9 p.m. (R) Soul Plane	2 p.m. (PG-13) Spiderman 2 6:30 p.m. (R) Soul Plane	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Raising Helen No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6:30 p.m. (PG-13) Raising Helen 9 p.m. (PG-13) Anchorman

#### ANCHORMAN (PG-13)

Starring: Will Ferrell, Christina Applegate, Steve Carell, Kevin Corrigan and Chuck D  
Story of local TV anchorman Ron Burgundy, God's gift to the ladies and the area's most respected reader of the teleprompter of the news fit to be known. Ron finds his position challenged by an ambitious female newscaster who, unlike Ron, actually knows something about journalism.

#### SPIDERMAN 2 (PG-13)

Starring: Tobey Maguire, Kirsten Dunst, James Franco, Alfred Molina and Rosemary Harris  
The entertaining adventure escalates and Spiderman's life becomes even more complicated when he confronts a new nemesis, the brilliant Otto Octavius, who has been reincarnated as the maniacal and multi-tentacled "Doc Ock."

#### SOUL PLANE (R)

Starring: Kevin Hart, Snoop Dogg, K. D. Aubert, Method Man and Gary Anthony Williams  
Nashawn wins \$100 million in a legal settlement. He uses the money to start the first all-black airline, NWA, as a means to win back his girlfriend, Giselle. However, the maiden NWA flight does not go smoothly when a white family is mistakenly rerouted onto the plane.

#### NEW YORK MINUTE (PG)

Starring: Mary-Kate Olsen, Ashley Olsen, Andy Richter, Jared Padalecki and Riley Smith  
Over achiever Jane is due to deliver a speech to qualify for a prestigious college scholarship abroad, while laid back punk rock rebel Roxy hopes to get backstage at an underground music video shoot and slip her demo tape to the band. But Roxy's and Jane's plans go wildly awry when a mix up involving Jane's precious day planner lands them in the middle of a shady black market transaction.

#### DAY AFTER TOMORROW (PG-13)

Starring: Dennis Quaid, Jake Gyllenhaal, Emmy Rossum, Sela Ward and Joe Cobden  
Professor Adrian Hall is trying to save the world from the effects of global warming while also trying to get to his son who is in New York City as part of a scholastic competition, when the city is overwhelmed by the chilling beginnings of the new Ice Age. In addition to all of the other challenges Dr. Hall faces, he's also going against the flow as humanity races south to warmer climates and he's nearly the only one going north.





**Rock ‘ n Roll Live at Galaxies**

Come and celebrate the Galaxies 8<sup>th</sup> birthday with live rock ‘ n roll music by The Rachel’s band, food hot off the grill, give-a-ways and more this Saturday night, July 24, beginning at 8 p.m. Underground. If Reggae is your thing, don’t miss the 6-member group “Drum” at the Galaxies Thursday, August 5. The free three-hour gig begins at 8 p.m. Call 252-2980 for more information.

**Papio Ice-Skating & Hawks Town Mall**

Want to escape the summer heat and the humidity that comes with it? What better way than to go ice-skating at the Papio Ice Skating Rink? Plan on taking the popular trip scheduled for Saturday, July 31. After you’ve cooled down and enjoyed your time on the ice, you can head over to the famous Hawks Town Mall nearby for some great shopping at some of your favorite stores, such as Nike,

Gap, Toys R Us and more. You may also want to stop by the very popular Hard Rock Café for a cool drink and a bite to eat before heading back to base. Sound like fun? Call the Travel & Tours Office today at 252-3433 for more information.

**Tokyo Disney & Disney Sea Trip**

Travel & Tours Office has scheduled another trip to Tokyo Disney and Disney Sea. Although the trip is scheduled for Friday, October 8 through Tuesday, October 13, sign-ups will commence on Monday, August 9, so mark your calendar for this important date. The price is \$150 for adults, \$100 for those ages 12-17, \$85 for children 4-11 and \$50 for youngsters 3 and under. Seats are on a first come, first serve basis, always go fast. For more information, call 252-3433.

**Cool Pool Players**

Mario Alvenda from the USS Juneau won

the last Liberty Center Pool Tournament, beating out Jose Requillas from the USS Essex and Danny Wauters from the USS Juneau who settled for 3<sup>rd</sup> place. The next Liberty Pool Tournament is scheduled for Monday, August 16 at the Galaxies, so that’s your ‘cue’ to practice, practice, practice. For more information, call the Liberty Center at 252-3756.

**Learn Sea Kayaking**

A great way to enjoy the summer and explore some of the great sites in and around Sasebo with family and friends. The good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) offer sea kayaking classes on Saturday, August 7 and Saturday, August 21 for only \$35 per person. The classes begin at 10 a.m. and continue until 4 in the afternoon. For more information, please call 252-3500.

**Conquer Mt. Fuji**

The Sailing & Outdoor Adventure Center has only two more Mt. Fuji trips scheduled for this year, so you’d better hurry and make reservations now before the bus fills up. This is a once in a lifetime opportunity to conquer Japan’s highest mountain. The weekend trips depart on Friday at 3 p.m. returning on Sunday at 2 p.m. The last two scheduled

dates are: Friday, August 13 – Sunday, August 15; and Friday, August 27 – Sunday, August 29. For more information call Walter or any member of the friendly OREC staff at 252-3500.

**Strong Arm Tactics**

Folks at the Fleet Fitness Center are looking for the strongest man and strongest woman in Sasebo, so they decided to host some friendly competition to see who fits the bill. The Strongest Man/Woman in Sasebo Competition is set for Friday, August 13<sup>th</sup> at the Fleet Fitness Center. If you’re interested, you need to sign up at the Fleet Fitness Center office by close of business on Tuesday, August 10. Give the folks at the Fleet Fitness Center a call today at 252-3588 for all the details.

**The Ultimate Paintball Experience**

Single & unaccompanied military members have a great opportunity to do the paintball thing on Saturday, August 7 in Iwakuni. The bus is scheduled to depart at 7 a.m. from the Fleet Locker parking lot and should be back on base at 10 p.m. The cost is only \$30, which includes transportation, rental fees and 200 paintballs. You need to bring some U.S. dollars for additional paintballs and food on base. Call 252-3756 for more information.

## Living in Japan: Americans and car repairs

Have you ever noticed how few Japanese owned cars you see on the roads with visible body damage? An odd thing to pay attention to perhaps, but it’s not uncommon, when traveling the highways of the U.S. to observe as many as one-fifth of the cars you pass with dings, dents, and serious crunches. This just happens to be another of those “face” things with the Japanese. Driving an obviously damaged vehicle speaks ill of your personal standards of pride in ownership, and reflects negatively on your

financial status.

Japanese will many times turn a car directly over to a body shop following a roadway run-in, refusing to allow even their neighbors to witness the aftermath of a collision, no matter how insignificant. Hardly a culture of shade-tree mechanics, I cannot ever recall seeing a Japanese acquaintance squatting down in their driveway, can of Bondo in one hand and an applicator stick in the other, as they blithely sought to restore a damaged body panel to acceptable appearance.

Speaking of Japanese garages, many garage owners believe Americans are certifiably insane. They’ve reached that conclusion from our penchant for asking



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seriously dumb questions when we drive up to their establishment with a broken vehicle. Two specific questions that confirm their diagnosis are: 1) “How much is this going to cost?” and 2) “When can I get my car back?”

Unlike Japanese customers, who will basically contact their dealer and advise them that their vehicle isn’t working right, prompting the dealer to dispatch someone to pick up the car, it will

be brought to the garage, and within a few days to a week be delivered back to the owner fixed, along with a bill for services. We Americans tend to share a lot of information on the car’s malady with a mechanic, complete with sound effects to express sputtering, hissing, or clunking noises, along with our

own suspicions of possible sources of the problem. We’ll ask if they can get used parts, to save us money, and then try to get them to guess just how many parts they will need to do the job.

You can’t imagine how flabbergasted Japanese garages are when we do this to them. They haven’t opened the hood and we want estimates of time and repair costs.

Somewhere along the line we have lost that simple confidence and trust in auto mechanics. We assume the worst of them and are suspicious of their motives in replacing parts and performing repairs. One scary thing about our paranoia is when we insist a dealer give us an estimate of repair costs - if the final bill comes in under the estimate, what is keeping the dealer from charging the amount you’ve already agreed to pay when the estimate was rendered? Have faith my friends, have faith.

**New Hours**  
*USO Nimitz Park:*  
Monday -Thursday- 10 a.m. - 6 p.m.  
Friday - Saturday- 10 a.m. - 9 p.m.  
Sunday- 10 a.m. - 6 p.m.  
*Fleet Landing:*  
Monday - Friday- 9 a.m. - 4:30 p.m.  
Closed Saturday and Sunday unless there is a volunteer.  
USO is looking for someone that is interested in providing great customer service. Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.  
Carpet sale at Dragon Crest July 23 - 25  
Friday 3 p.m. until 6 p.m. Saturday 10 a.m. until 6 p.m. and Sunday 10 a.m. until 6 p.m.

## Betcha didn’t know about Japan’s I-166

**Phil Eakins**  
*Base Historian*

This week’s story is about a labor of love involving a son’s search for his father lost during the Pacific War.

The I-166, a First Class Fleet submarine of the Imperial Japanese Navy, was launched at the Sasebo Naval Arsenal on November 10, 1932. Originally called I-66, the sub was assigned to the Sasebo Naval Station area of operations.

At the outbreak of the Pacific War, the I-166 participated in the invasions of Malaya, Borneo and Kuching. On Christmas Eve 1941 the I-166 sank the Dutch submarine K-XVI, becoming the first Imperial

Navy submarine to sink another sub.

The I-166 primarily patrolled the Indian Ocean area and also was a participant in the Battle of Midway. The crew was credited with sinking four vessels and damaging two more before returning to Sasebo in January 1943 for a seven-month overhaul. The sub resumed operations in the Indian Ocean during the autumn of 1943.

On July 17, 1944 the I-166 was headed to Singapore to conduct anti-submarine warfare exercises when the British submarine HMS Telemachus sighted the sub cruising on the surface in the Malacca Strait and fired six torpedoes at it. The I-166 went down, taking 88 crewmembers to their deaths. Five survivors, including LT Koichiro Suwa, the sub’s captain, were

rescued by nearby Japanese vessels.

Exactly 60 years later, a memorial service for the crew was held at the former Imperial Navy Cemetery in Tenjin cho. Akira Tsurukame, who lost his father in the sinking of the I-166, began researching the incident last year. Mr. Tsurukame, a consultant who has resided in America since 1966, has traveled to the location of the I-166 sinking and also to Ireland to meet the former captain of the HMS Telemachus. Additionally, Mr. Tsurukame located relatives of 24 I-166 crewmembers. A total of 30 family members participated in last week’s service.

Worship Services

Community Chapel, Main Base

**Roman Catholic**  
Sun. 9 a.m., Tue.-Fri. 11:30 a.m., Sat. 5:30 p.m.  
**Protestant**  
Sun. 11 a.m.  
**Protestant Sunday Schools**  
Sun. 9:30 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 10:15 a.m.  
**Ladies Bible Study by Beth Moore**  
Wed. 9:30 a.m. & 6:30 p.m.- Music room  
**Christian Men’s Fellowship**  
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

**Protestant (Traditional)**  
Sun. 9 a.m.  
**Roman Catholic**  
Sun. noon  
**Episcopal**  
Sun. 5 p.m.  
http://culdee.org  
**Protestant Sunday School**  
Sun. 9:45 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 11 a.m.  
**Ladies Midweek Bible Study**  
Wed., 9 a.m.  
**Youth Drama Group**  
Sun. 1:30 p.m.

Lay Congregations

**Church of Christ (CEC)**  
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122  
**Jewish Community**  
Contact Religious Ministries at 252-3380 FMI  
**Nichiren Daishonin’s Buddhism (SGI-USA)**  
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165  
**New Life Christian Fellowship (CEC)**  
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332  
**Ladies Bible Study (CEC)**  
Tuesday 6:30 p.m.- Music Room FMI call 252-8632  
**Family Bible Study (Hario)**  
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

**Greater Harvest Holiness Church of God in Christ**  
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712  
**Church of Jesus Christ of Latter Day Saints**  
Missionary- 252-8279  
**Lighthouse Baptist Church**  
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.  
**International Christian Assembly**  
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.  
**Iglesia Ni Cristo**  
252-2363 During working hrs.  
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule July 24 - July 30

The following schedule is an abbreviated schedule. For a full schedule, please log on to [www.myafn.net](http://www.myafn.net) or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. July 24	9 a.m.- Washington Week In Review 11 a.m. - C N N Saturday Night 4 p.m.- Headline News 6 p.m. - Big Story Weekend Edition	9 a.m. - Musicand the Spoken Word 2 p.m. - All In the Family 6 p.m. - King of the Hill 9 p.m. - M*A*S*H	8 a.m. - MLB 12:30 p.m.- Arthur 4 p.m. -WWE Smackdown 10:30 p.m.- Seinfeld	1 p.m. - Celebration of victory 4 p.m. - Jennie Project 7:30 p.m.- Air Force TV News 11 p.m.- WWE Smackdown!	10 a.m.- ESPNEWS 4 p.m.-Tennis 8:30 p.m.- Sportscenter 10 p.m Tour De France
Sun. July 25	9 a.m. - This Week 11a.m.-60 Minutes 4 p.m. - Beltway Boys 10 p.m.- Headline News	12:30 p.m. - Monster Garage 4 p.m.-The Wild Thornberrys 7:30 p.m. - Law & Order 10 p.m.- Dinosaur	12 p.m.-Headline News 8 p.m. - Cold case 10 p.m. - Pacific Report 11:30 p.m. - The Late Show w/ David Letterman	8 a.m.- Headline News 1 p.m. - Headline News 4 p.m. - The Dr. Phil Show 7:30 p.m.- Judge Judy	12 p.m.- Sportscenter 1:30 p.m. - Sports Special 3 p.m.- Sportscenter 11 p.m. - Tour de France
Mon. July 26	7 a.m. - Headline News 9 a.m. - Countdown w/ Olbermann 12 p.m.- BET Nightly News 7 p.m.- The O'Reilly Factor	10 a.m. - Ed 1 p.m. - The Firm 4 p.m. - The Wild Thornberrys 8 p.m. - The Residents	11 a.m.- Oprah 1 p.m. - Access Hollywood 5 p.m. - Jeopardy 7 p.m. - 7th Heaven 10 p.m - Pacific Report	8 a.m. -MLB 12 p.m. - Headline News 3:30 p.m. - Wheel of Fortune 8 p.m. - Today	8 a.m. - Major League Soccer 2 p.m. - ESPNEWS 4 p.m.- Champ Car World Series 10 p.m. - Sportscenter
Tues. July 27	10 a.m. - Hannity and Colmes 12 p.m. - BET Nightley 2 p.m. - News w/ Aaron Brown	10 a.m. - The Amazing Race 2 p.m. - Hope and Glory 7 p.m. - Andromeda 10 p.m. - Hope and Glory	1 p.m. - Access Hollywood 2:13 p.m. - General Hospital 4 p.m. - Popular Mechanics For Kids	12 a.m. - Headline News 1: 30 p.m. - Headline News 4 p.m. - The Dr. Phil Show 8 p.m. - Today	8 a.m. - ,LB 2 p.m. - ESPNEWS 4 p.m. - Tennis 10 p.m. - Tuesday Night Fights
Wed. July 28	10 a.m. - Hannity and Colmes 12 p.m.- BET Nightly News 2 p.m.- Newsnight w/ Aaron Brown 7 p.m.- The O'Reilly Factor	10 a.m. - One Tree Hill 2 p.m. - Inspector Morse 7 p.m. - The West Wing 10 p.m. - Inspector Morse	9 a.m. - Play With Me Sesame 1 p.m - Access Hollywood 4 p.m. - Yu-Gi-Oh! 6 p.m. - ESPNEWS	8 a.m. - MLB 12 p.m. - Headline News 4 p.m. - The Dr. phil Show 8 p.m. - Today 10 p.m. - AAAHH! Real Monsters	3 p.m. - SportsCenter 4 p.m. - Sports Special 10 p.m. - Sportscenter
Thurs. July 29	9 a.m. - Countdown w/ Keith Olbermann 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - Primetime	9 a.m. - The Simpsons 2 p.m. -Buffy The Vampire Slayer 6 p.m. - The Dead Zone 7 p.m.- Boston Public	9 a.m. - Little Bill 4 p.m. - Ozzy & Drix 7 p.m. - King of the Hill 9 p.m. - Alias	8 a.m. - MLB 1 p.m. - Headline News 4 p.m. - The Dr. Phil Show 7 p.m. - Headline News	8:30 a.m. - Tennis 2 p.m. - ESPNEWS 9 p.m. - MLB
Fri. July 30	2 p.m. - Newsnight w/ Aaron Brown 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Dateline NBC 8 p.m. - CNN Saturday Morning	8 a.m. - The View 2 p.m. - Before Sunrise 6 p.m. - While You Were Out 7 p.m. - Trading Spaces	3 p.m. - Lizzie McGuire 4 p.m.- Trading Spaces Boys vs. Girls 8 p.m. - The West Wing 9 p.m. - Law & Order	12 p.m. - Headline News 3:30 p.m. - What's New Scooby Doo? 6 p.m. - Trading Spaces Boys vs. Girls 11 p.m. - Law & Order	8:30 a.m. - Raceline 2 p.m.- ESPNEWS 6 p.m. - Sportscenter 11 p.m. - Real Sports w/ Brian Gumbel

Non-Profit Organizations

**Al-Anon**  
090-8229-7048, 090-9602-4353  
**Alcoholics Anonymous**  
090-9602-4353, 090-8229-7048

**CFAS Wardroom Association**  
252-3452  
**CPO Association**  
252-3521

**Exceptional Sailor Program**  
CFAS E-4 and below, 252-3385

**Filipino American Association**  
252-8361, 080-3228-5809

**Guardian Angels**  
Spouse support group. 090-5945-2150

**Navy League, Sasebo Council**  
252-3109

**Nippon Lodge Number 9**

252-3481  
**Officers’ Spouses’ Club**  
252-7345

**Sasebo Bluejackets Association**  
E-1 to E-6 personnel. 252-3481  
**Sasebo Eagles Little League Club**  
<c30-dd@cfas.navy.mil>  
**Sasebo First Class Association**  
Shore Duty E-6's. 252-2181/3347

**Sasebo Homeschool Support Group**  
252-8195, 0956-58-7875

**Thrifty Treasures**  
252-8940

**USS Essex Family Support Group**  
0956-32-2177  
**USA Girl Scouts Overseas**  
0956-49-5273  
**USO**  
252-3959

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.  
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.  
Wednesday 8:30-11:30  
Appointment Line: 252-2550  
Hario Annex Clinic: 252-8770  
Online Medication Refill: <[www.nhyoko.med.navy.mil](http://www.nhyoko.med.navy.mil)>  
TRICARE Health Line: 005-3111-4621  
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1  
Off Base: 0956-23-9911  
Patient Comment Line: 252-2536  
Or send e-mail to: <[SASOIC@nhyoko.med.navy.mil](mailto:SASOIC@nhyoko.med.navy.mil)>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.  
Wed. (Hario closed) 7:15 - noon  
Sick Call 7:15 - 9 a.m.  
Main Base: 252-3886  
252-3747  
Hario: 252-8977  
**EMERGENCY NUMBERS**  
After Hours: 252-2550  
252-2551  
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392  
Desk Sergeant 252-3446 or 3447  
Security Operations Officer 252-2371  
Security Administration 252-2386

Fire Department

Business lines  
Information/Dispatcher 252-3408/3518  
Dispatcher 252-2144  
Fire Chief 252-2147  
Prevention Chief 252-2139  
Training Chief 252-2149  
Fire Prevention Offices  
Main Base & Hario 252-2142/2163  
Ordnance Area 252-2162  
FISC Areas 252-2166

EMERGENCY NUMBERS

On Base: 9-1-1  
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380  
Fleet & Family Support Center 252-3604  
CFAS Quarterdeck 252-3311  
Navy Relief Society 252-3366  
CFAS Public Affairs (Shore-based commands) 252-3409  
CTF-76 Public Affairs (Sea-based commands) 252-2131  
USO 252-3959  
Navy Lodge 252-3608  
AFN 252-3869  
1575 Thunder Radio 252-1575  
Command Connections 252-2290



# AFN offers chance to voice your opinion with survey

JOCS (SW/AW) R.L. Dutcher  
OIC AFN News Det-14

When was the last time your local stateside television or radio station gave you the chance to have a direct impact on programming? Now you can. By filling out the Armed Forces Radio and Television Service’s survey, you can voice your opinion on programming and services and influence future programming both at the local station and on the worldwide American Forces Network.

The survey takes just a few minutes. Your station will better understand what you want to hear and see, as well as be able to provide updated statistics on demographics in Sasebo. This information helps us to

understand our audience and tailor our programming to meet your needs.

The AFRTS headquarters, along with the media center headquarters for each of the military branches, continuously monitors trends in audience interests. Surveys done by individual affiliates provide valuable information used to make decisions on future broadcasting services.

Audience feedback has brought about major changes in AFRTS through the years, with the addition of new channels, more convenient air times, and wider coverage of special events in Sasebo. Please take the time to fill out the survey below. allow your

voice to be heard.

### Demographic Data (circle one)

**Paygrade**  
E1-E3   E4   E5   E6   E7-E9   CWO1-CWO5   01-03   04-06   GS-M1-5   GS-GM6-10   GS-GM11-15   Other

**Race**  
White   Black   Hispanic   Asian/Pacific Islander   Other

**Gender**  
Male   Female

**Age**  
18-24   25-29   30-34   35-39   40+

**Branch**  
USN   USMC   USAF   USA   DoD Civ   Other

**Educational Level**  
Some High School   High School Graduate  
Some College   College Graduate   Some Graduate work   Graduate Degree

## Radio Survey

1. **How many hours do you spend listening to AFN Radio per day?**

Less than one hour   1-2 hours  
3-4 hours   5-6 hours   Over 6 hours

2. **What time of day do you most often listen to AFN Radio?**

0600-0900   0900-1200   1200-1500   1500-1800   1800-2000  
2000-2200   2200-2400   0000-0600

3. **Rate the folloqing music formats** (with 5 as your favorite and 1 as your least favorite).

**Adult Contemporary**  
1   2   3   4   5

**Alternative Rock**  
1   2   3   4   5

**Top 40**  
1   2   3   4   5

**Classic Rock**  
1   2   3   4   5

**News/Talk/Information**  
1   2   3   4   5

**Oldies**  
1   2   3   4   5

**Religious**  
1   2   3   4   5

**Spanish/Latino**  
1   2   3   4   5

**Urban**  
1   2   3   4   5

4. **Rate the following AFRTS Radio services.**

**NPR Morning Edition**  
1   2   3   4   5

**Sports Overnight America**  
1   2   3   4   5

**Jim Rome Sports Talk**



1   2   3   4   5

**Rush Limbaugh**  
1   2   3   4   5

**Tom Joyner Show**  
1   2   3   4   5

**NPR All Things Considered**  
1   2   3   4   5

**51 Percent**  
1   2   3   4   5

**Car Talk**  
1   2   3   4   5

**Rick Dees American Top 40**  
1   2   3   4   5

**Nuestra Musica**  
1   2   3   4   5

**Latino USA**  
1   2   3   4   5

**Religious Programming**  
1   2   3   4   5

**The Health Show**  
1   2   3   4   5

**It's Only a Game**  
1   2   3   4   5

**American Country Countdown**  
1   2   3   4   5

**NPR Jazz Profiles**  
1   2   3   4   5

**Z Rock Top 50**  
1   2   3   4   5

## Television Survey

**How many hours do you spend watching AFRTS television per day?**

Less than one hour   1-2 hours   3-4 hours  
5-6 hours   Over 6 hours

2. **What time of day do you most often watch AFRTS television?**

a. On a typical weekday:

**AFN Atlantic/Pacific**  
0600-0900   0900-1200   1200-1500   1500-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN Atlanitc/Pacific on weekdays

**News**  
0600-0900   0900-1200   1200-1500   1500-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN News on weekdays

**Sports**  
0600-0900   0900-1200   1200-1500   1200-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN Sports on weekdays

**Spectrum**  
0600-0900   0900-1200   1200-1500   1200-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN Spectrum on weekdays

b. During the weekend

**AFN Atlantic/Pacific**

0600-0900   0900-1200   1200-1500   1200-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN Atlanitc/Pacific on weekends

**News**  
0600-0900   0900-1200   1200-1500   1500-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN News on weekends

**Sports**  
0600-0900   0900-1200   1200-1500   1200-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch AFN Sports on weekends

**Spectrum**  
0600-0900   0900-1200   1200-1500   1200-1800   1800-2000   2000-2200   2200-2400   0000-0600

I don’t watch Spectrum on weekends

3. **Rate your interest in what you would like to see in Sasebo’s Nightly News.**

**Base news**  
1   2   3   4   5

**Recreational event promotions**  
1   2   3   4   5

**Local Japanese News**  
1   2   3   4   5

**Weather/Yen Rate**  
1   2   3   4   5

**Sports**  
1   2   3   4   5

**Theater times**  
1   2   3   4   5

4. **Where do you get most of your local news?**

Television   Radio   Other

Comments:

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Please return the survey to AFN Detachment Sasebo by 31 July. Just drop it off at AFN or place it in Guard Mail, or mail it to AFN at PSC 476 Box 8, FPO AP 96322.

Thank you for taking the time and effort to fill out the form as fully and completely as possible. Your answers, and those of the entire Sasebo community, will be used to make programming decisions affecting the Armed Forces Radio and Television Service’s television channels and radio station serving the Sasebo area.



# Base, community announcements

## Summer Wrestling Camp

August 23 - 28 there will be a summer wrestling camp. The camp will be run by ten-year veteran coach Mark Schwab. This will be available to all ages, students or adults for under \$50. This is a great chance to try wrestling and see if it's a sport that you would like to try this season. For information or to sign up contact Coach Macri at 252-2801 or email <c400@srfsas.navy.mil>.

## E.J. King

New comers to Sasebo that have not yet registered their child(ren) for the School Year 2004/2004 need to do so. The Student Affairs office is open during the summer, Monday through Friday from 8 a.m. until 3 p.m. (closed for lunch noon - 1 p.m.). Call 252-3059 for more information.

## Navy College Learning Center

Navy College Learning Center is the place to go for help with your academic skills. The Learning Center is located in the Community and Education Center and is open Monday through Thursday 11 a.m. until 8 p.m. and Saturday 10 a.m. until 2 p.m. On site facilitators are always present to assist you in improving your math, English, reading, social studies or science skills. Comprehensive, computer based instruction designed to prepare you for CLEP tests, ACT, SAT, GED and ASVAB. We also have programs that are accompanied by audio that will help build your vocabulary and increase your English comprehension skills. For more information please call 252-3514.

## Navy Marine Corps Relief Society

Navy Marine Corps Relief Society will be taking appointments for Spouse Tuition Assistance (STAP) from July 26 until August 11. STAP is a tuition aid program for spouses wishing to further their education. NMCRS covers 50% of tuition costs up to \$300. In order to obtain this aid make an appointment with NMCRS and fill out a budget. For the appointment bring a current LES, I.D. and class schedule. Office hours are Monday - Thursday 8 a.m. until 1 p.m. Call 252-3366 to make an appointment or for more information.

## Base Communications Office

Base Communications Office (BCO) activated the new Direct Inward Dialing system June 15. This system effects dialing from off base, out of Japan, a cell phone or from a Japanese pay phone. To dial into the base dial the last four digits of the number. From off base use 50 - then last four digits of the number. From the U.S. dial 011-81-956-50- then last four

digits. Old numbers will continue to be in use, but BCO encourages the community to use the new numbers. For more information about the new service please call 252-3200.

## Voting

If you are already a registered voter and would like to vote in the Primaries for your state you will need to send out your absentee ballot two weeks in advance of the election day. If you have registered but have not yet received your absentee ballot see the Staff Judge Advocates Office for assistance. For those who would like to register but have not yet done so please see the SJA's office.

The Primaries for the month of August for overseas voters are as follows: Colorado election day August 10, Wyoming August 11, Alaska August 24 for State Primary and Presidential, Florida August 31.

The State Primaries for September are Arizona and Nevada September 7, Delaware September 11, Washington D.C., Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Washington and Wisconsin September 14, Hawaii and Louisiana September 18. For more information contact the SJA's office at 252-3385.

## TVP Issuance

Temporary Vehicle Passes (TVPs) can now be issued for newly purchased Personally Owned Vehicles at the Vehicle Inspection Area by Tategami Gate. The TVPs are valid for 24 hours or until the next working day. FMI, call VRO at 252-2378 / 2377 or the Pass Office at 252-2373 / 3692.

## Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

## Water Aerobics

There will be free Water Aerobics at the Hario swimming pool Tuesdays and Thursdays from 9 a.m. until 10 a.m. The class is instructed by Beth Dugan. For more information contact the Hario Gym at 252-8960/1.

## Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

## Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

## Fort McHenry Family Support Group

The Fort McHenry support group will be having summer fun events for their families. To kick this off there will be family bowling July 24, from 2 p.m. until 5 p.m. Bowling will be free for USS Fort McHenry families. For August we will be having a trip to Julie Platz and a pool party. For more information please call 252-8022. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities.

## Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

## NEX Notes

### Steam Outage

Fleet Locker Club Laundromat will have a steam outage on Monday, 26 July 2004 from 7 p.m. until 11 p.m. Hot water will not be supplied during those hours.

### Magical Gathering Giveaway

Enter To win a Magical Gathering vacation for two separate families. Giveaway includes four tickets to Disney World and \$5,000 spending money, (to be used for transportation and other expenses). Contest ends August 16. Sasebo Navy Exchange will randomly select ten entries and send to NEXCOM for worldwide drawing. If the winner is from Japan, they will receive tickets to Tokyo Disney Resort. A drawing box is located at the Fleet Exchange Camera Counter.

### Furniture Barn Open weekend

Sasebo's Navy Exchange Furniture Barn is located at bldg. 130, behind the Fleet Exchange and open every Saturday and Sunday from 10 a.m. until 5 p.m. Looking for a good deal on a furniture piece or accessories to fill that empty spot in your room? Convenient courtesy trucks are available by appointment to get your large purchase home. It's free, quick and easy.

### Back To School Specials

15% off all lunch bags, 20% off all Nike® shoes and apparel for the family, 25% off all Goody® hair products and more big savings are featured in a back to school sale. Sale starts July 28.

### Beauty Shop

NEX will offer 25% off all perm and relaxers until Aug 15. New items are available: Ice Hair Spiker Styling Glue, Sebastian® Shapershift Hybrid Putty-free travel size shampoo and conditioner w/purchase and Paul Mitchell® shampoo one, conditioner & drying sculpting spray set includes free brush.

### CC Website Instruction

Change to CC(Convenience Care) Website <[www.newcorp.com/nexcomcc/](http://www.newcorp.com/nexcomcc/)> instructions. When entering site enter your information on the home screen. Click *continue*. When accessing second screen there is a message that states "If you live outside the US click here". Click this, when you get to the next screen enter information and in the message block enter text that states that your residence is outside the USA.

### Seasonal Fashion Markdown

Save on Summer Clothing in the Main Store. Our seasonal progression of fashion markdown is under way and values on clearance range from 15% to 50% off our regular low prices. Shop early and shop often for the best selection.

### Fall/Winter 2004 Exchange Catalog

Exchange Mail Order Catalog Fall/Winter 2004 has arrived at Customer Service desks for \$5. Inside you'll find a coupon worth \$10 off your first catalog purchase of \$50 or more.

“Juniors to a tee 9.99-14.99”

it all rocks

15% off Lunch Bags from Zak Designs, California Innovations, Rugged Equipment and Arctic Zone

129.99 \$20

SYNAMA™ 20" FLAT-SCREEN TV. 2-video inputs, new A/V inputs, on-screen menu, MP3 output, HDTV compatible. One year replacement plan only \$1.99

SPECIAL PURCHASE

WELCOME HOME DAD

NEX YOUR NAVY EXCHANGE

We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES



# CLASSIFIEDS

## VEHICLES

(Exp. July 31) **1992 Nissan Prairie**, JCI '04, asking \$1200 obo. Call Amie 252-8521.

\*\*\*\*\*

(Exp. Aug. 7) **1989 Toyota Master Ace**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

\*\*\*\*\*

(Exp. Aug. 7) **1992 Nissan Skyline**, JCI '06, asking \$2100. Call 252-8299.

\*\*\*\*\*

(Exp. Aug 7) **1994 Nissan Serena**, JCI '05, asking \$3500. Call 090 7534 4231.

\*\*\*\*\*

(Exp. Aug 7) **1990 Nissan 300ZX**, JCI '06, asking \$3500, available July 16. Call 252-3747 or 252-8491.

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(Exp. Aug 7) **1992 Toyota van**, JCI '05, asking \$1700. Call Jeff at 252-2584 or 20 8064.

\*\*\*\*\*

(Exp. Aug 7) **1996 Subaru Legacy**, JCI '06, asking \$1700. Call 252-2273.

\*\*\*\*\*

(Exp. Aug 7) **1991 300Z T-Top Fairlady**, asking \$5700. Call 252-8455 or 090 4586 4947.

\*\*\*\*\*

(Exp. Aug 14) **1994 Nissan Prairie van**, JCI '05, asking \$2200. Call Beth 090 5725 5463 or 252-7300

\*\*\*\*\*

(Exp. Aug 14) **1992 Honda Legend**, JCI '05, asking \$2500. Also selling **1988 Mazda Carol**, JCI '06, asking \$800. Call Arnel 252-8628 or <valdez@sba.attmil.ne.jp>.

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(Exp. Aug. 14) **1992 Nissan Pulsar**, JCI '05 asking \$850. Call Eileen 252-8960 or 252-8119.

\*\*\*\*\*

(Exp. Aug 14) **1991 Mazda Eunos**, JCI '04, asking \$4000 obo. Also selling **1997 Nissan March**, JCI '05, asking \$3000. Call Leah 090-7466-0181 or <ldaziens@aol.com>

\*\*\*\*\*

(Exp. Aug 14) **1994 Ford Festivia**, JCI '04, asking \$1800 obo. Email Tim at <rbtimt@essex.navy.mil> or <brazeish80@hotmail.com>.

\*\*\*\*\*

(Exp. Aug. 14) **1996 Suzuki Cervo**, JCI '06, asking \$1800. Call Chaplain Pelikan 34 3074.

\*\*\*\*\*

## LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

\*\*\*\*\*

## MISCELLANEOUS

(Exp. July 31) Phone rights \$250. Call Anna 34-3127 or 080 5247 1775.

\*\*\*\*\*

(Exp. July 31) Three electric heaters \$20 each or \$45 for all three. Japanese futon set \$50 each or \$90 for both. Call 090 1971 0581.

\*\*\*\*\*

(Exp. July 31)Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful live-a-board and world cruiser in excellent condition. Ready to sail anywhere. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave, and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000 For more information call 090 3882 8616 or <secondwind53@hotmail.com>.

\*\*\*\*\*

(Exp. July 31) 25" Television \$75. Male golden hamster, comes with cage, ball, playpen, and leash. Baby backpack \$25. Playpen \$25. Call 252-8521.

\*\*\*\*\*

(Exp. Aug. 7) Two small kerosene heaters \$20/ea or \$30 for both. Three fan-style electric heaters \$20/ea or \$45 for all 3. Call 090 1971 0581.

\*\*\*\*\*

(Exp. Aug. 7) Sofa bed \$150, Sony MD player \$150, Refrigerator Japanese model \$100, Rice Cooker \$75, Coffee maker \$25, Vegetable steamcooker \$10, Airbed \$25, Digital exercise slider \$5. Call 25 0582 or email <anthony\_segar@hotmail.com>

\*\*\*\*\*

(Exp. Aug. 7) Feeding chair \$50, Musical mobile and baby moniter combo \$25, Bouncer \$20, Snugli newborn soft carrier \$15, Diaper genie \$10, Infant tub \$10, Two baby walkers \$5/ea and Baby moniter \$5. Call 25-0582 or email <anthony\_segar@hotmail.com>

(Exp. Aug. 3) 17" Sony color TV w/stand and VCR asking \$150. Call 252-2273.

\*\*\*\*\*

(Exp. Aug. 7) Phone right for sale \$300. Call Alice at 252-7370.

\*\*\*\*\*

(Exp. Aug. 7) Two parakeete birds free to good home. Call 090 3521 5962.

\*\*\*\*\*

(Exp. Aug. 7) Maternity clothes size large five outfits \$50, Two baby gyms, walker, swing, car seat, baby backpack, jar food, baby bottles w/liners, clothing and shoes for infant boys (3 - 12 months) \$50. Girls clothes 2T - 4T \$15. Call 252-8555 or 080 3223 9162.

\*\*\*\*\*

(Exp. Aug 7) Two Kerosene tanks w/battery pump \$25,

Transformer for electronics \$100, Convection Oven \$30, Two clothes racks \$10, J-Phone prepaid w/charger no minutes \$35, Phone rights \$225. Call Katherine at 252-8536.

\*\*\*\*\*

(Exp. Aug. 7) Altec Lansing speaker system \$55, Epson stylus printer \$50, New AK31 Socket A AMD Athlon Processor Shuttle motherboard \$65, 7 piece living room suite, Sofa, Love seat, Coffee table, End table, Sofa table, Lamp, Plant stand, call ahead to view. Call 252-8455 or 090 4586 4947.

\*\*\*\*\*

(Exp. Aug. 7) Cho celing lights, Shoe racks, Spices and turning rack, Knife set and Pots and pans. Call 252-8202.

\*\*\*\*\*

(Exp. Aug. 7) Wanted, small TV stand, Trampoline, Queen or King bed frame. Call 252-8202.

\*\*\*\*\*

(Exp. Aug 14) One and a half year old male Shih Tzu mix, fixed. House broken and sleeps in his kennel at night. Call Rick 252-8184 or 090 9589 9840 or 080 1907 0911.

\*\*\*\*\*

(Exp. Aug 14) Phone rights \$275. Hot Carpet \$50. Canister vacuum, fan with timer \$40. Call Leah 090 7466 0181or <ldaziens@aol.com>

\*\*\*\*\*

(Exp. Aug 14) Compaq Presario 1625, 24x CDROM, Free scanner and software asking \$250 obo. Email Tim <rbtimt@essex.navy.mil>

\*\*\*\*\*

## HOME BUSINESS

### IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 88 or call 252-2103 FMI.

\*\*\*\*\*

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

\*\*\*\*\*

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

\*\*\*\*\*

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

\*\*\*\*\*

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@ipost.cc.sasebo.ac.jp> or 31-2863.

\*\*\*\*\*

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

\*\*\*\*\*

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

\*\*\*\*\*

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

\*\*\*\*\*

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

\*\*\*\*\*

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

\*\*\*\*\*

Exeriened in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

\*\*\*\*\*

French Language tutor contact Pierre at 090 3734 3509 or email <cramotoii@hotmail.com>

\*\*\*\*\*

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designed vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall

from the Navy Legal Services Office (NLSO), or call us at 252-3890.

\*\*\*\*\*

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090 5024 7139 or 34 5321

\*\*\*\*\*

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

\*\*\*\*\*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-

### Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m.** at [soundings@cfas.navy.mil](mailto:soundings@cfas.navy.mil)
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

3600 (EJ King School), or 252-8800 (JN Darby School).

\*\*\*\*\*

English Language Instructor-Call for lessons at 25-6563.

\*\*\*\*\*

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

\*\*\*\*\*

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

\*\*\*\*\*

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at<www.mdphotography.net>

\*\*\*\*\*

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

\*\*\*\*\*

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

\*\*\*\*\*

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

\*\*\*\*\*

## HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

## SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

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## J.N. DARBY

## ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants **must** have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

\*\*\*\*\*

## COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly at 252-3963, for more information. Prior cash handling and customer service preferred.

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## VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aiores.ocn.ne.jp> or contact Vodafone manager at 252-3563.

\*\*\*\*\*

## HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

\*\*\*\*\*

## STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

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## AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

\*\*\*\*\*

## NAVY COLLEGE LEARNING CENTER

Part time postion available 20 hours a week, BA required. Call 252-3514.

\*\*\*\*\*

## USO

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nim itz Park for an application. Also, KDDI telephone service, which supports USONet, is looking for a technical representative. For more information contact the USO at 252-3959.

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## RELIGIOUS MINISTRIES DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

\*\*\*\*\*

## UMUC

Field Representative position available,duties include: Providing info & assistance to students, conducting course registration, data entry, completing textbook orders, inventories, and financial reports, providing faculty support, marketing the program within contractual limitations, working with the education center on classroom assignments and other issues. Good oral & written communication skills, strong commitment to professionalism in client service to include the students and education center, ability to maintain a task orientation and to focus on details in a dynamic envrionment, initiative, familiarity with MS office or similar software, experience in similar responsible position preferred. The representative reports directly to the area director. Application should include application form, resume, and cover letter. FMI please call 252-3299 or 225-3690.

\*\*\*\*\*

## MWR

### REGULAR FULL-TIME POSITION:

*Sailing Center*  
**Maintenance Worker**, \$10.29/hr. Open until filled.  
**FLEXIBLE POSITIONS:**  
*Youth/Teen Center (HV/MB), SSN Required*  
**Recreation Aide**, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)  
*Bowling Center*  
**Service Counter Attendant (Food)**, NF-01, \$7.50/hr  
**Cook**, NA-04, \$9.58/hr  
*Sailing & Outdoor Recreation Center*  
**Recreation Assistant** (Sailing), NF-02, \$8.39/hr  
**Recreation Assistant** (Paintball), NF-02, \$8.39/hr  
*Theater (Showboat/Hario)*  
**Snack bar Clerk**,NF-01, \$6/hr  
**Motion Picture Projectionist**, NA-05, \$9.12/hr  
*Fleet Fitness Center*  
**Recreation Aide** (Gear Issue), NF-01, \$6.00/hr (Hario)  
**Recreation Assistant** (Adult Sports), NF-02, \$8.39/hr (MB)  
**Maintenance Worker**, NA-02, \$9.12/hr  
*Galaxies*  
**Bas Assistant**, NA-05, \$7.91 per hour  
**Cashier**, NF-01, \$6/hr  
**Club Operations Assistant** (Duty Manager), NF-02, \$8.39/hr  
**Cook**, NA-04, \$9.58/hr  
**Video & Sound Equipement Technician**, NA-07, \$10.29/hr  
*Harbor View Club*  
**Club Operation Assistant** (Duty Manager), NF-02, \$8.39/hr  
**Cook** (Location CDC Hario), NA-04, \$9.58/hr.  
**Service Counter Attendant** \$7.50 per hour  
Open until filled.

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## NEX

*Open Continuous Flexible Vacancies (OC'03) Main Base & Hario*  
**Barber**, NA-7603-07, \$9.78/hr  
**Beautician**, NA-7641-07, \$9.78/hr  
**Sales Clerk**, NF-2091-01, \$6.00/hr  
**Desk Clerk**, NF-1176-01, \$8.00/hr  
*New Part Time Vacancies (Main Base)*  
**Desk Clerk (Navy Lodge)**, NF-1176-01,\$8.50/hr  
*New Flexible Vacancies (Main Base)*  
**Sales Clerk**, NF-2091-01, \$6.00/hr, Main Store, Open until filled.  
**Sales Clerk**, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.  
**Sales Clerk**, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.  
**Sales Clerk**, NF-2091-01,\$6.00/hr, Mini Mart, Open until filled.  
**Automotive Mechanic**, 60% commision (Labor Only), Auto Port, open until filled.  
**Navy Lodge Office Clerk**, NF-6145-01,\$8.00/hr  
**Navy Lodge Deks Clerk**, NF-1176-01,\$8.00/hr  
**Customer Service Clerk**, NF-2091-01,\$6.20/hr  
**Food Service Worker**, NA-7408-02,\$7.01/hr, King School Cafeteria, Open until filled.  
**Lead Sales Clerk**, NF-2091-01,\$6.20/hr, Fleet Store, Open until filled.

## HRO

**Store Worker** (WG-6914-04) DECA, Sasebo, Open Continuous Position  
**Store Worker**(WG-6914-04) DECA, Hario, Open Continuous Position  
**Sales Store Checker** (GS-2091-03), DeCA, Sasebo, Open Continuous Position  
**Sales Store Checker**(GS-2091-03) DeCA, Hario, Open Continuous Position  
**Education Aid/Technician**(GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position  
**Education Aid/Technician**(GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position  
**Recreation Aid(Lifeguard)**(GS-189-02), MWR, Main Base. Close: Open until filled  
**Recreation Aid(Lifeguard)**(GS-189-02), MWR, Hario Close: Open until filled  
**Education Aid/Technician**(GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position  
**Production Controller** (GS-1152-09), SRF, Open until filled.  
**Child Development Center Director** (GS-1701-09), Open until filled.  
**Recreation Specialist (Youth Activities)**(GS-188-07), Close: Open until filled.  
**Library Aid** (GS-1411-03), MWR, Close: Open until filled.  
**Recreation Assistant** (GS-189-04), MWR, Close: Open until filled.  
**Equipment Specialist** (GS-1670-09), SRF Close: Open until filled.

## WANT YOUR AD IN SOUNDINGS?

**Deadline for submissions is Tuesday close of business. The best way to get your ad in the paper is through email. For more information contact:**

SaseboSoundings  
PSC 476 Box 93



MWR Athletics  
252-3588

# SASEBO SPORTS

Sasebo Sports  
Report  
252-2290

## Swimmers give it their all at swim meet

JOSA Johnstone  
CFAS Public Affairs

The sun was intense and so was the competition, Saturday at the Main Base swimming pool. Sasebo's Swim Team held an all-ages swim meet with guests from Iwakuni July 17.

Teams representing the main base pool and Hario took part in the day's events.

Boys and girls competed in a variety of races, keeping the competition light and the fun high. Swimmers were divided into several age groups and competed with each other in this day-long event.

"It's very fun for the children, to be able to compete in individual events as well as in a team," said Dave Haas, head coach for the Main Base swim team.

Haas has a team of assistants that coach the different age groups.

"I coach the older children, 11 and up," said Haas.

"The team is currently in the middle of our second season competing."

The competition was intense and brought out the best in the participants. Several finishes came down to the wire. The girls 9-10 years Freestyle 100 meter relay, combined with the boys relay event was one example with the race on for the first and second place ribbon as well as third and fourth place. Hario's relay team of Katie McNall, Josephine Lopez, Mizuki Kearney and Anissa Fitz took first against the Main Base boys, Tanner Alley, Alex Kling, Cedric Rose and Ben Tompkins, with a split of .81 seconds.

The boys 9-10 years Freestyle 25 meter breast stroke featured a close finish for second place. Benjamin Tompkins edged out fellow main base swimmer Cedric Rose by .35 seconds.

The next swim meet is scheduled for the beginning of August with the base teams swimming against the Japanese.



Children from Sasebos swim team get set to begin their heat in the girls' 50 meter breast stroke.(Official U.S. Navy photo by JOSA Jeff Johnstone)

### Summer Wrestling Camp: Aug. 23-28

A \$2,500 camp is available for a donation of under \$50! (we also have scholarships!)

Run by 10-year veteran coach from the University of Minnesota.

(NCAA champs 2001-2002) Mark Schwab's impressive credentials: Four-time Iowa High School state champion, three-time junior national freestyle champ and third in Tbilisi, Russia!!

Open to all ages, students or adults

Great chance to try wrestling and see

if it's a sport you'd like to try this season.

Contact Coach Macri at 252-2801 or <C400@srfsas.navy.mil>



## Fitness Tip: Beat the heat

Alec Culpepper  
MWR Fitness & Aquatics Director

Drinking enough fluid is imperative for exercising in hot humid weather. Maintenance of body fluids is essential to maintaining proper body temperature. Sweat dispels heat through your skin. If you let your body become dehydrated, you'll find it much more difficult to perform even the lightest of workouts. Don't wait until you're thirsty to start replenishing those fluids. By the time you actually feel thirsty, your body is well on its way to becoming severely dehydrated. Fluid replenishment before, during and after

exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise. You should reduce the intensity of your workout for the first few times you are exposed to higher temperature, this will allow your body to become assimilated to the heat. It usually takes about 7-14 days to become acclimatized to the higher temperatures, so know when to say "no" to exercise. Another tip is to wear lightweight, loose fitting clothes to help regulate body temperature. So get out stay hydrated and enjoy the summer.

## Sasebo Sports Standings

### Spring Softball (as of July 17):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	22	3	0.880	0
2	Essex	11	3	0.786	1
3	Bone Crushers	18	6	0.750	0
4	Hitmen	14	6	0.700	0
5	Dragons	13	6	0.684	0
6	Pumpers	17	10	0.630	1
7	Patriot	13	8	0.619	0
8	Snipes	5	6	0.455	0
9	Fort McHenry	3	4	0.429	0
10	Fire A-B	9	17	0.346	0
11	The Squad	5	10	0.333	0
12	Shooters	4	8	0.333	1
13	Kamikaze Squirrels	4	9	0.308	0
14	Iron Gators	2	10	0.176	0
15	A- Star	1	13	0.071	0
16	Guardian	0	12	0.000	0
17	NMBC-5	0	19	0.000	2

### Spring Basketball (as of July 16):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4\	0.733	0
2	Juneau	11	3	0.786	0
3	Hitmen	10	13	0.435	0
4	Patriot	9	10	0.474	0
5	Showtime	6	8	0.429	0
6	Wolf Pack	6	5	0.545	0
7	Harper's Ferry	6	0	1.000	0
8	Guardian	1	19	0.050	1

## Sports results, upcoming events:

### July Splash-n-Dash Results:

**Male-1st Place**-Jonathan Kehoe—  
Swim-7:05 Transition & Run-19:06  
Total—26:11  
**Male-2nd Place**-Michael Turoczy—  
Swim-8:06 Transition & Run-18:33  
Total—26:39  
**Male-3rd Place**-Cameron Adams—  
Swim-8:43 Transition & Run-20:27  
Total—28:38  
**Female-1st Place**-Michelle Callan—  
Swim-9:00 Transition & Run-22:32  
Total—31:32  
**Female-2nd Place**-Miki Gilbert—  
Swim-12:09 Transition & Run-22:04  
Total—34:13  
**Female-3rd Place**-Genevieve  
Kehoe—Swim-10:10 Transition &  
Run-25:02 Total—35:12  
**Youth**-Alec Herb-Swim-11:46  
Transition & Run-32:55 Total-44:01

### Admiral Nimitz Golf Classic:

First Tee Time is at 7:30 a.m.  
Saturday, August 7, Tsukumo Golf Course. This tournament is a four person scramble, peoria handicapped. Register as early as possible to guarantee a spot. Please contact the Fleet Fitness Center to determine green fees for this tournament. A \$5 fee is required at the time of registration. Entries are due no later than Aug 3.

### Prediction 5K Fun Run:

Saturday, August 21. Run starts at 9 a.m. in Nimitz Park. Enjoy this 5K run where the winner isn't the fastest time, but the runner who is closest to their predicted time! Watches not allowed! Entries Due: Wednesday, August 18.